

# Practical Pistol Course Introduction

## A. Purpose.

To teach personnel how to safely and effectively use the M9 9mm Personal Defense Weapon (PDW) in the performance of their assigned duties. Proper procedures for safe handling, operation (loading and unloading), and immediate action to correct malfunctions and stoppages shall be emphasized.

1. Personnel who are to be armed with an M9 PDW in their assigned duties are required to qualify with the weapon on this course.
2. The Practical Pistol Course (PPC) is designed for Coast Guard personnel to use marksmanship fundamentals from the 3-yard line to the 17-yard line in various tactical positions while observing all safety rules.

## B. Definitions.

1. Practice Firing. The live firing of weapons for training other than on a prescribed course.
2. Familiarization Firing. The live firing of a specific Coast Guard course in sequence to familiarize the person with the course of fire, the positions, time limits, etc., of that course.
3. Firing for Record. The firing of a course for qualification.
4. Phase of Fire. Identifies the distance (yard line) a particular stage is being fired from in the course.  
Example: *Phase 2 fired from 7-yard line.*
5. Stage of Fire. Advises the shooter of the “type of fire” expected in that Phase of the course.  
Examples: “*Strong Hand Supported,*” “*Ready to Offhand Barricade position.*”
6. String of Fire. A timed segment of fire within the Stage.  
Examples: *3 rounds in 8 seconds, 2 rounds in 4 seconds, 2 rounds in 4 seconds.*

**NOTE: Personnel SHALL NOT be issued any small arm(s) for live fire training unless under the direct supervision of an SAI (HH qualification code).**

## C. Prefire Instructions.

Prefire instructions (per chapter 8) are **mandatory** and shall be conducted prior to firing the Practical Pistol Course.

## D. Instructor Notes.

1. Members who have not qualified on the Basic Pistol Marksmanship Course (BPMC) must do so prior to being allowed to fire the PPC for the first time. Members must have qualified on the PPC or the BPMC within the previous year for subsequent firings. If a year has elapsed, the shooter must requalify on the BPMC prior to firing this course.
2. Familiarization firing is authorized for personnel firing the PPC for the first time or those who have not fired the course within the previous year.
3. Range personnel shall inspect all weapons and equipment before range training (including all ancillary equipment) to ensure safe condition and proper operation.
4. Safety regulations shall be read and explained by the SAI. Safety is the primary consideration in all training involving the use of weapons and ammunition. Muzzle control shall be emphasized, as shooters will be carrying loaded weapons for the duration of the course.
5. During instruction and firing, emphasis will be placed on the safe handling of the weapon. **Consider all weapons as loaded regardless of perceived or actual condition.**

**NOTE: Violation of any safety regulation WILL NOT be tolerated and is cause for removal from the firing line.**

6. Dry fire training shall be conducted to familiarize personnel with the operation of the weapon and optimum positions (tactical loads, use of barricades, positions, etc.) prior to live firing exercises.
7. Accurate double-action pistol firing requires the shooter to pull the trigger in one smooth even motion until the pistol fires. At no time should the trigger be pulled back in stages causing jerky motion. Shooters should practice with double action until their action is rapid, smooth, and even. The pistol muzzle should have minimum movement during the trigger pull.
8. Hearing protection, eye protection, and ball caps shall be worn.

9. The number of rounds fired during any timed stage must be strictly adhered to. The firing of early or late rounds will result in the loss of one point for each round fired early or late.
10. Repeated flagrant disregard for time will result in the shooter being removed from the firing line.
11. If time permits, individuals removed from the line may receive remedial training in basic marksmanship and weapon fundamentals until the SAI determines that basic standards of qualification and safety have been met. If time does not permit remedial training immediately, these individuals will not be allowed to participate in the PPC training until remedial training has been received.
12. If a shooter fails to fire the required number of rounds in a string of fire, he or she may fire all remaining rounds from that string, in subsequent strings. Shooters who fire more than the current string of fire will be penalized one point for each of the rounds fired. Coaches will inspect the tactical magazine for extra rounds at the end of stage 2 of phase 3. Tactical magazine should contain three rounds. Any extra rounds will be taken by coaches. For a magazine containing less than three rounds, coaches will subtract one point for each missing round.
13. Dropped magazines containing rounds shall be taken by coaches. Shooters may receive these magazines back provided they take immediate action to retrieve another magazine from their ammunition pouch. Extra time for such events will not be granted.
14. If a shooter fails to use a proper barricade position or fails to use a required position during the course, two points will be subtracted from the final score for each violation.
15. The required target is the GREEN Transtar II. The green target simulates low visibility and is more difficult for target acquisition.
16. Prior to firing, shooters shall don appropriate gear (e.g., watch uniform, boarding gear and equipment, body armor, life vests, mustang suits, etc.). This requirement is **mandatory**. Warm or cold weather gear shall be selected as unit patrols dictate.

## E. PPC Prefire.

1. General Weapons Safety. Safety is the most important aspect of weapons handling and training. Safety rules and procedures must be followed **at all times!** The following general weapons safety rules apply at all times to any weapon, be it on the range, a boarding, a ship, at a station, or even at home.

- a. Four Weapons Safety Rules. Everyone who handles weapons SHALL memorize these four weapons safety rules and should recite them verbatim. Training in the four safety rules must be repetitive to ensure automatic adherence when the individual is handling weapons.

- (1) **Treat every weapon as if it is loaded, regardless of perceived or actual condition.** This rule is intended to prevent unintentional injury or damage due to careless handling of weapons or perceived low risk. Treat every weapon with the respect due a loaded weapon.
- (2) **Keep your weapon pointed in a safe direction at all times. NEVER point a weapon at anything you do not intend to shoot.** This rule is to reinforce the importance of muzzle control and muzzle awareness. When at the range, the safe direction is down range; in the line of duty, the safe direction is any direction that does not cross the path of another person or vessel. ALWAYS handle a weapon so that you control the direction of the muzzle, even if you stumble.
- (3) **Keep your weapon on safe until aimed in on target and the decision to shoot has been made.** (M9 PDW is the only exception to this rule). This rule is to enforce the use of the weapon's own safety feature.
- (4) **Keep your finger outside the trigger guard, indexed along the receiver, until the decision to shoot has been made.** This rule is intended to minimize accidental discharge due to an individual being startled, bracing in a fall, or experiencing a rush of adrenaline.

- b. Surroundings. ALWAYS be aware of your surroundings when handling weapons. Know what and who is around you.

- c. Safeties. The M9 PDW, as used in the Practical Pistol Course, will be carried in the standard method of carry with the safety/decocking lever in the **up, off, fire** position. When the weapon has been cleared, the safety/decocking lever will be in the **safe, down, on** position.

- d. Clear Weapon. A cleared M9 PDW is one with:

- (1) The safety/decocking lever in the **safe, down, on** position.
- (2) The slide locked to the rear in the open position so the inside of the chamber is visible.
- (3) No brass or round in the chamber and no magazine in the magazine well.

**NOTE: A cleared condition is the only condition you SHALL GIVE, RECEIVE, or BENCH a weapon.**

- e. Push/Pull Method. To ensure that a weapon is clear, you **SHALL** utilize the push/pull method.
- (1) With the weapon pointed in a safe direction and level to the deck, **push** the weapon away from your body. Inspect the chamber of the weapon to ensure it is clear and contains no brass or ammunition. You should not see any obstructions in the barrel. You should see light.
  - (2) Keeping the weapon pointed in a safe direction and level to the deck, **pull** the weapon towards your body and look through the magazine well to ensure the magazine is removed and the weapon is clear.
  - (3) Once you have determined the weapon is clear, **check it again** to be sure that you were right the first time.

**NOTE: The push/pull method SHALL be utilized each time you pick up or bench a weapon to ensure that it is clear, regardless of actual or perceived condition.**

- f. Carrying Weapons. Weapons carried away from the shooting area, or otherwise not in use, must always be **cleared** and have the action open, or they should be cased.
- g. Clear Bore. ALWAYS be sure that the barrel and action are clear of any obstructions and that you have only ammunition of the proper size for the weapon you are using.
- h. Target Identification. **Be sure of your target!** Before you squeeze the trigger, positively identify your target. If positive identification of the target has not been made, **DO NOT FIRE!**

**WARNING: NEVER point a weapon at anything you do not intend to shoot.**

- i. Weapons Security. Weapons **will be under direct supervision at all times!** Weapons not in use **SHALL be cleared**. Cased weapons will also be supervised at all times. Weapons and ammunition will be stored separately.
- j. Backstops. NEVER shoot at a flat, hard surface or the surface of inland water. When shooting at targets, be sure that your backstop is adequate. ALWAYS know your **target**, your **backstop**, and **beyond**.

k. Drugs and Medication. Personnel with medical problems or who have a chronic illness that requires medication (medications that carry warnings not to drive, for example) which may affect ability to handle weapons, or affect reaction times and/or judgment, shall be excluded from weapons training. Certain drugs and medications may temporarily impair sight and reflexes and should be avoided before and during shooting. DO NOT drink alcoholic beverages before or during any weapons handling or shooting activities. It is the shooter's responsibility to inform the SAI of medical conditions and medication concerns.

2. General Range Safety. These rules apply to any range situation and must be followed and enforced at all times on all ranges.

- a. Hearing protection, eye protection, and ball caps shall be worn on and in the vicinity of the firing line.
- b. Everything on the range shall be done on command. DO NOT anticipate any commands.
- c. DO NOT handle or pick up any weapon until told to do so.
- d. NEVER handle a weapon while a person is down range.
- e. No one goes forward of the firing line unless directed to do so by the SAI.
- f. Keep the weapon pointed down range.
- g. When clearing jams or malfunctions in the PPC, shooters are reminded to keep weapon pointed down range on target.
- h. Whenever a shooter is not firing, the trigger finger shall be outside the trigger guard indexed along the receiver.
- i. While moving to different yard lines during the PPC, the shooter shall holster and strap in a loaded weapon, utilizing the standard method of carry.
- j. There will be no smoking on or in the vicinity of the firing line or loading areas. Smoking will be in designated areas only.
- k. Keep noise to a minimum. Noise is a distraction and may interfere with the shooter's ability to hear range commands.
- l. DO NOT put brass in covers during cleanup due to lead contamination.
- m. Horseplay of any kind is unacceptable and WILL NOT be tolerated.

### 3. Weapons Description and Nomenclature M9 PDW.

- a. General Description. The M9 Personal Defense Weapon (PDW) is a semiautomatic/double-action, magazine-fed, recoil-operated, pistol, chambered for the 9mm cartridge.
- b. Components and Subcomponents. The M9 PDW is broken down into five major components and subcomponents:

Components	Subcomponents
<b>Receiver</b>	<ul style="list-style-type: none"> <li>• Slide stop.</li> <li>• Magazine release.</li> <li>• Trigger and trigger guard.</li> <li>• Disassembly lever/button.</li> <li>• Hammer.</li> <li>• Grips.</li> </ul>
<b>Slide assembly</b>	<ul style="list-style-type: none"> <li>• Safety/decocking lever.</li> <li>• Firing pin block.</li> <li>• Firing pin.</li> <li>• Striker.</li> <li>• Extractor/loaded chamber indicator.</li> <li>• Front sight.</li> <li>• Rear sight.</li> </ul>
<b>Barrel assembly</b>	<ul style="list-style-type: none"> <li>• Barrel.</li> <li>• Chamber.</li> <li>• Locking block.</li> </ul>
<b>Recoil spring and guide</b>	<ul style="list-style-type: none"> <li>• Recoil spring.</li> <li>• Recoil spring guide.</li> </ul>
<b>Magazine</b>	<ul style="list-style-type: none"> <li>• Magazine spring.</li> <li>• Follower.</li> <li>• Base plate.</li> </ul>

c. Component Description

- (1) Receiver. Serves as a base for all major components. The receiver controls the functioning of the pistol. The front and back straps of the grip are vertically grooved to ensure a firm grip even with wet hands, or under conditions of rapid fire. The receiver consists of trigger guard/trigger, slide stop, disassembly lever/button, magazine release, hammer, and grips.

Parts	Functions
<b>Slide stop</b>	Holds slide to rear after the last round is fired. It can also be manually operated.
<b>Magazine release</b>	When pressed, the magazine release “releases” the magazine from the magazine well. It also functions as a magazine catch. When a magazine is inserted into the magazine well, the magazine release “locks” the magazine in place.

- (2) Slide Assembly. Houses the firing pin, striker, and extractor/loaded chamber indicator. It also holds the safety/decocking lever, firing pin block, and front and rear sights. During recoil, the slide assembly cocks the hammer, and extracts and ejects a spent case. During counterrecoil, the slide strips a round from the magazine as it is moved back into battery.

**NOTE: Ensure students have a complete understanding of the operation and function of both safeties.**

Parts	Functions
<b>Ambidextrous safety/decocking lever</b>	<p>Lowers the hammer without causing an accidental discharge. When the hammer is cocked, it may be safely lowered by moving the safety/decocking lever to the <b>safe, down, on</b> position.</p> <p>Performs three functions:</p> <ol style="list-style-type: none"> <li>1. Safely decocks the weapon.</li> <li>2. Rotates the firing pin striker.</li> <li>3. Disconnects trigger from hammer.</li> </ol>



Parts	Functions
<b>Firing pin block</b>	When the trigger is forward, not being pulled, the firing pin block secures the firing pin and prevents the firing pin from moving forward, even if the pistol is dropped. The firing pin block will remain in the down position, blocking the firing pin, until the trigger is pulled to the rear. The trigger alone operates the firing pin block. It is a separate safety from the safety/decocking lever.

**WARNING: A potential hazard exists if the firing pin block is missing or does not return flush with the slide surface after firing.**

Parts	Functions
<b>Extractor/loaded chamber indicator</b>	When there is a round in the chamber, the upper surface of the extractor protrudes from the right side of the slide. The protrusion can be felt by touch. It also extracts the spent casing from the chamber.

(3) Magazine. Holds 15 cartridges in place for feeding and chambering.

#### 4. Features.

- a. Double Action. Double action allows the pistol to fire after placing the safety/decocking lever in the **up, off, fire** position and squeezing the trigger. In double action, a single pull of the trigger causes both cocking and firing.
- b. Single Action. After the pistol has fired in double action, the slide's movement to the rear will re-cock the hammer, leaving the weapon in the cocked position for **single action**. In single action, one pull of the trigger causes the weapon to fire.

5. Loading. All loading and unloading of small arms should be accomplished on ranges or at designated clearing stations. Only unusual circumstances will require loading and unloading operations to be conducted at places other than the clearing station. If loading or unloading must be done outside a clearing area, the weapon must be kept pointed in a direction away for personnel or other vessels..

The techniques of loading and unloading service weapons must be learned by all personnel who will carry them as part of their regular duties. Those personnel shall be well drilled and understand the purpose of the training. Each unit shall have dummy cartridges on hand. Training with dummy cartridges shall be performed at least **quarterly** and, if required, more frequently to keep the unit personnel at the highest level of proficiency.

**WARNING: Ensure the weapon is pointed in a safe direction at all times, and that your finger stays outside the trigger guard, indexed along the receiver.**

- a. ALWAYS keep the weapon pointed in a safe direction.
- b. Ensure the safety/decocking lever is in the **safe, down, on** position.
- c. If needed, lock the slide to the rear by pushing up the slide stop while moving the slide to the rear.
  - (1) With your reaction hand, pull the slide fully to the rear.
  - (2) With the thumb of your strong hand (index finger if left-handed), press up on the **slide stop**.
  - (3) Allow the slide to ease forward until you feel it engage the **slide stop**.
- d. Utilizing the push/pull method, ensure the weapon is clear.
- e. Insert a loaded magazine into the magazine well of the weapon. Listen for the click of the magazine locking in place. Ensure the magazine is seated.
- f. With the safety/decocking lever in the **safe, down, on** position and your finger **outside the trigger guard, indexed along the receiver**, depress the slide stop, letting the slide go forward into battery, chambering a round.
- g. After verifying the hammer is down, move the safety/decocking lever to the **up, off, fire** position.
- h. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.

## 6. Tactical and Administrative Load.

- a. Tactical Load. With rounds remaining in a magazine in the weapon, a shooter will pull a fully loaded magazine from a magazine pouch with the reaction hand. Move the reaction hand underneath the weapon. Release the magazine from the weapon into the reaction hand. Grasp the released magazine, then insert the loaded magazine into the weapon until seated. Place the released magazine someplace other than the magazine pouch. Shooter retains this magazine for future use.
- b. Administrative Load. An administrative load is performed with the weapon holstered and strapped in, between stages of fire or a lull in the action. It is used to allow shooters to top off magazines or consolidate ammunition without handling the weapon. To consolidate rounds, a shooter simply uses partial magazines or loose rounds to fill one magazine for later use. To top off a magazine being used, depress the magazine release button and remove magazine. Manually load desired number of rounds into the magazine and reinsert magazine into magazine well. Ensure that the magazine is properly seated in the weapon.

## 7. Standard Method of Carry for the M9 PDW.

- a. Magazine inserted. (14 rounds in the magazine.)
- b. One round in the chamber. (Total of 15 rounds in the weapon.)
- c. Safety/decocking lever in the **up, off, fire** position.
- d. Hammer is in the down, fully forward position.
- e. Weapon is holstered and strapped in.

## 8. Unloading.

**WARNING:** Ensure the weapon is pointed in a safe direction at all times, and that your finger stays outside the trigger guard, indexed along the receiver.

- a. Draw the weapon from the holster.
- b. Place the safety/decocking lever in the **safe, down, on** position.
- c. Depress magazine release and remove magazine from the weapon.

**WARNING: The magazine MUST be removed before the chamber is cleared to prevent chambering another round.**

d. Move the slide smartly to the rear, ejecting the live round.

**NOTE: DO NOT catch the round. Let it fall. Your priority is to clear the weapon.**

e. Lock the slide to the rear by pushing up the slide stop.

f. Utilizing the push/pull method, ensure the weapon is clear.

9. Alibis and Malfunctions.

a. Alibis. The only possible alibis in this course are malfunctions of the weapon, ammunition, or target (target falling). Coaches shall closely observe shooters to ensure there was an attempt to clear any malfunction during the string of fire. If the shooter **fails to make this attempt**, the coach will have shooter clear the malfunction during the alibi period (if mechanically possible). Any ejected rounds will be taken by the coaches.

Shooters who **make a proper attempt** to clear the malfunction but do not clear the malfunction in time, or shooters who clear malfunctions but fail to fire all rounds in the time limit will be permitted to fire all alibi rounds before conducting any further stages of fire. Alibi firing will be conducted under the same conditions and time limits as non-alibi firing, with time per round allotted on a prorated basis.

**NOTE: The shooter must be able to describe to the SAI the malfunctions and the immediate action to be taken for each stoppage. Conduct this training using only dummy rounds.**

b. Stoppages. A stoppage is a failure of an automatic/semiautomatic weapon to extract or eject a spent case, or load or fire a new round. There are three basic types of stoppages:

(1) A failure or malfunction of weapon.

(2) A failure or malfunction of ammunition.

- (3) A failure or malfunction of the operator (operator error).
- c. Weapon Failures or Malfunctions. Weapons failures or malfunctions are mechanical problems beyond the shooter's control.
- d. Ammunition. Problems with small arms ammunition can be categorized into three categories: **hangfires, misfires, and squib rounds**.
  - (1) Hangfire. A hangfire is a delay in the ignition of a propelling charge. The amount of delay is unpredictable, but in most cases will be a fraction of a second. In some cases, you may not notice the delay. The weapon will function normally.
  - (2) Misfire. A misfire is a complete failure of a propelling charge or primer to function. If a failure to fire (misfire) has occurred, immediate action must be taken.

**WARNING: During hangfires and misfires, ALWAYS keep the weapon pointed in a safe direction.**

- (3) Squib Round. A squib round is a round of ammunition with little or no powder charge. This type of round is distinguished by an audible pop or reduced recoil. A shooter **WILL NOT** take immediate action. In case of a squib round, the weapon **SHALL NOT be fired** and range personnel shall be notified. The bore of the weapon must be cleared before shooting continues.
- e. Operator Error. Improperly loaded magazines (bullets loaded backwards in a magazine), magazines not properly seated, the safety/decocking lever in the **safe, down, on** position, and improper handling are caused by:
  - (1) Improper training.
  - (2) Lack of training.
  - (3) Procedural shortcuts.
  - (4) Attention to detail.
  - (5) Adrenaline.

10. Emergency Procedures.

- a. Immediate Action. Immediate action is the prompt action taken by the user to correct a stoppage. Immediate action should become instinctive to the user without attempting to discover the cause. Immediate action will correct most types of stoppages. Immediate actions with the M9 are as follows:

IF ...	THEN ...
<b>Hangfire</b>	Keep weapon pointed in a safe direction. (Stay on target; a hangfire will go off or become a <b>misfire</b> .)
<b>Misfire</b>	Keep weapon pointed in a safe direction, then <b>flip, squeeze, tap, rack, squeeze.</b>
<b>Double feed</b>	Lock slide to the rear. Remove magazine, dump loose rounds, and cycle slide, attempting to extract. If the round extracts, insert magazine, chamber a round, and continue firing.
<b>Weapon not fully into battery</b>	Keep weapon pointed in a safe direction, then <b>tap, rack, squeeze.</b>
<b>Failure to eject (Stovepipe)</b>	Sweep brass out of the pistol, cycle the slide, and attempt to fire.

- b. Flip, Squeeze, Tap, Rack, Squeeze. If the pistol fails to fire with the slide fully forward, apply immediate action as follows:

- (1) Keep the weapon pointed in a safe direction.
- (2) **Flip.** Ensure that the safety/decocking lever is in the **up, off, fire** position.
- (3) **Squeeze** the trigger again.
- (4) If pistol does not fire, **tap** the magazine to ensure that it is fully seated.
- (5) Retract the slide to the rear and release. **Rack.**
- (6) Reacquire target; **squeeze** the trigger.
- (7) If the weapon does not fire, **release** the magazine.
- (8) **Insert** a new magazine.
- (9) **Cycle** the slide to the rear and release. (This movement will extract the misfired round and chamber a new round.)

- (10) Reacquire target, **squeeze** the trigger, and attempt to fire the weapon.
- (11) If pistol still does not fire, repeat steps (4) through (6).
- (12) If weapon still does not fire and you are on the range, raise your reaction hand. If you are in a hostile environment, go to a secure location (take cover), clear the weapon, and conduct a detailed inspection.

**NOTE:** During the PPC, shooters must make attempts to clear all malfunctions. If the procedures do not work by the cease fire signal, shooters must call for additional assistance by raising their reaction hand.

**WARNING:** If a shot seems much quieter than normal or reduced recoil is experienced during firing, immediately cease-fire. **DO NOT APPLY IMMEDIATE ACTION.** A bullet may be lodged in the bore. Put the weapon on safe, remove the magazine, and lock the slide to the rear. Visually inspect and/or insert a cleaning rod into the bore to ensure there is no obstruction in the bore. When on the range, immediately raise your reaction hand for range personnel assistance.

- 11. Rules of Marksmanship. There are six basic rules of marksmanship for firing any weapon: stance/position, grip, sight alignment, sight picture, breath control, and trigger control.

**NOTE:** Pictures of marksmanship and tactical positions can be found on the SAI web site at <http://www.uscg.mil/tcyorktown/TEW/SAI/index.htm>

- a. Stances. There are two basic stances used in marksmanship:

- (1) Isosceles stance (strong hand supported) is the basic marksmanship stance for longer ranges (15 yards or more) and is the steadiest position. Shooter stands facing the target, feet shoulder width apart, two hands forming a triangle directly in front of the shooter, with the wrist and elbows locked. The reaction hand supports the strong hand. Head should be erect, not tucked in against the chest. Weapon should be at eye level. Legs are straight, but knees should not be locked. Upper body should be erect, not tense.

(2) Modified weaver stance (strong hand supported) can be rapidly assumed from an interview or ready position. Used at shorter ranges (less than 15 yards), the pistol is gripped in the strong hand, strong arm out straight, strong foot approximately ½ step behind the reaction foot. The reaction hand supports the strong hand, with the reaction arm slightly bent at the elbow, applying pressure straight to the rear on strong hand. Head should be erect, not tucked in against the chest. Weapon should be at eye level. Upper body should be erect, not tense.

- b. Positions. The tactical positions depicted in the course content and procedure section were devised to help the average trainee achieve the best results. Since no two people are the same shape or physical condition, the SAI has the authority to slightly modify positions as needed. The overriding considerations are safety, target hits, and adequate use of available cover and concealment. Shooters shall not be penalized for slight variations of stances or positions.

**The shooter may be penalized for failure to properly use barricades for cover/concealment.** The outside foot must remain behind the barricade. If a violation occurs, two points will be subtracted from the final score for each violation.

The use of locally produced training aids is encouraged. The suggested training aids for the barricade position can be derived from the most common types of cover available in the local area or expected situation. Check local range regulations to ensure the use of such aids will be permitted.

**NOTE: Tactical “positions,” not tactics, shall be taught by SAIs. Boarding tactics are taught by MLE instructors. Tactical positions give the shooters a pool of options to draw from in a Use of Force situation.**

**NOTE: Use of barricades is REQUIRED when available. A high score is less important than the deployment of tactical skills. Shooters should be made aware of the fact that, in the field, barricades can represent cover, concealment, and protection from return fire.**

- (1) Close quarters position is used when firing from the 3-yard line. When the weapon is drawn, the firing arm will be bent approximately 90 degrees and held at waist level, strong hand unsupported. The reaction hand will be held in close to the chest to prevent the hand from being in front of the muzzle.



- (2) Third eye position is a ready position with the muzzle parallel to the deck, holding the weapon in both hands at the center of the body and at the waist. The weapon is held in close to the body.
- (3) High barricade position is basically a weaver/isosceles stance using a vertical surface to provide cover/concealment. Shooter stands straight with the firing side foot behind the cover being used and slightly to the rear. The nonfiring side foot should be opposite of the firing side. Do not put one foot behind the other and do not cross the feet. The hands, NOT the weapon, shall contact the barricade. Strong hand supported shall be used on both sides of the barricade.
- (4) Kneeling low barricade position is a position from which any object can be used as cover and fired over. The object can be from 2 feet to 5 feet high, as long as the shooter can get behind it and fire over it. Local SAIs may adjust the actual firing position to work with the objects available. A standard position is difficult to define because of a multitude of possibilities. The weapon shall not contact the barricade. The strong arm should be straight. The bottom of the hands or forearms should rest on the barricade if at all possible, and maximum use of the cover must be used.
- (5) Kneeling low side barricade position is used at the 17-yard line. The shooter places both knees on the deck and sits back on the lower legs. This position reduces profile and provides a more stable platform for long-range precision shots. Shooters should rest a part of the body, not the weapon, on the side of the barricade, and maximum use of cover must be used (strong leg not exposed).
- (6) Kneeling supported position will be used if no barricades are available. This position uses a weaver stance in a kneeling position. The reaction knee is in front with reaction elbow resting forward of the kneecap to preclude "bone to bone" contact. The strong ankle and shin are flat on the deck with the shooter sitting back on strong ankle. This provides both a steady shooting platform and a small target to an adversary. The kneeling supported position is used when low barricades are not available.
- (7) Unsupported strong or reaction hand firing is used in the course to expose personnel to an alternative if their strong or reaction hand is injured. The body is square to the target with the firing hand fully extended. The nonfiring hand should be anchored against the body, uniform, etc., to assist in attaining the best balance possible. When firing with the reaction hand, the shooter should switch to the reaction eye.

- c. Grip. To obtain a proper grip on the weapon with the strong or reaction hand, the shooter must first form a “U” with the thumb and fingers. Place the web of the firing hand (the “U”) on the grip and roll it fully up into the tang of the grip. Wrap the lower three fingers of the firing hand around the front of the grip. Pressure is then applied from the front of the grip straight to the rear. The trigger finger is outside the trigger guard, indexed along side the receiver. The fingertips and side of the hand do not apply any pressure to the weapon.

**NOTE: When drawing the weapon, establish the proper grip while the weapon is in the holster.**

Do not apply thumb pressure to the weapon. When establishing a two-handed grip, the reaction hand is placed around the front of the grip over the strong hand, with the index finger directly below the trigger guard. The thumb of the reaction hand must be on the same side as the strong hand thumb. **DO NOT CROSS THE THUMB BEHIND THE SLIDE!** The reaction hand does not grip the weapon, but acts as a support for the strong hand. Obtain good reaction hand support while coming up on target.

- d. Sight Alignment. To properly align sights, the shooter must first use the proper eye. A right-handed shooter should use the right eye, while a left-handed shooter should use the left eye. When aligning the sights, the shooter first finds the front sight and brings it into alignment with the rear sight. The top surface of the front sight must be level with the top of the rear sight and the front sight centered in the rear sight (see figure 1).



Figure 1

- e. Sight Picture. Once you have acquired your sight alignment, you must develop the sight picture. Sight picture is placing the proper sight alignment in the proper place on the target. The human eye cannot focus on two things at once. Therefore, the shooter cannot focus on the sights and the target at the same time. The shooter's eye focus must remain on the front sight at all times.

The rear sight will appear slightly blurry, but can still be seen. The target will appear blurry. However, with the front sight clear, this sight picture will allow the shooter to maintain proper sight alignment. Now the properly aligned sight will be aimed at center mass (see figure 2).

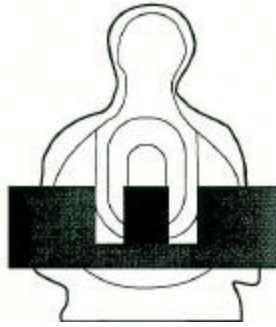


Figure 2

**NOTE: Arc of Movement.** When acquiring the sight picture, the shooter will notice that the weapon appears to move. This effect is known as the “Arc of Movement.” It is a natural movement in the form of a horizontal figure “8.” All shooters, no matter how experienced, have this movement. Shooters should not try to control this movement by tensing up. Tensing up will cause the weapon to vibrate and increase the movement.

- f. Breath Control. Proper breath control allows the shooter to remain steady once a good sight picture is attained. The shooter should inhale while bringing the pistol to eye level. When the weapon is at eye level, the shooter should exhale approximately half of a breath. By allowing some air to remain in the lungs, the shooter will not fight to exhale or inhale. This allows the weapon to remain steady until the weapon is fired. The acronym for proper breath control is “**B.R.A.S.S.**”

- (1) **B**reathe.
- (2) **R**elease halfway and hold.
- (3) **A**im.
- (4) **S**queeze.
- (5) **S**hoot.

With proper breathing technique, the movement on the target can be controlled. Proper breathing patterns are different for slow fire, timed fire, and rapid fire. Due to time changes for timed fire and rapid fire, the breathing pattern must change. Just prior to the commence fire whistle, the shooter should take a deep breath and exhale halfway. During rapid fire, the shooter should be able to fire the complete string with one breath. Shooter should not be breathing while firing. During magazine and position changes, the shooter may breathe normally until back on target.

- g. Trigger Control. There are three stages of trigger control: finger placement, trigger squeeze, and follow through.

- (1) Finger Placement. To begin proper trigger control, the shooter must first properly place the index finger on the trigger. The index finger is placed in the middle of the trigger at the most rearward curved portion, to apply pressure to the trigger. The trigger should cross the finger approximately halfway between the tip of the finger and the first joint, over the swirl of the fingerprint. (See figure 3.)

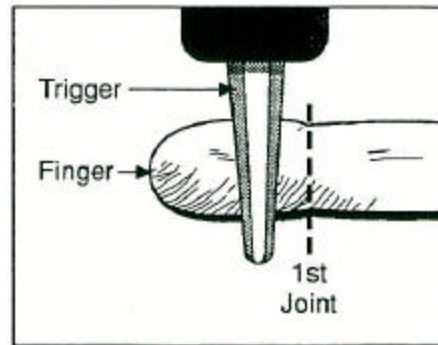


Figure 3

- (2) Trigger Squeeze. After attaining proper placement of the finger on the trigger, proper trigger pressure can be applied to the trigger. There are three parts of trigger pressure each time the weapon is fired. They are **slack**, **squeeze**, and **follow through**. All three parts are important to proper trigger control.
- (a) Slack. The shooter must first take up the slack at the beginning of the trigger movement by applying slight pressure to the trigger. The trigger will move slightly to the rear until the internal parts of the trigger mechanism come into full contact with each other, and the “softness” in the tip of the finger is eliminated.

- (b) Squeeze. The trigger is then in the squeeze portion of its movement, which is when the internal parts of the weapon are being disengaged from each other to allow the hammer to fall. The pressure should be a smooth, constant, and even pressure, applied straight to the rear so that the sights are not misaligned at the instant the hammer falls. Once the hammer begins to fall, the follow through portion of trigger control begins.
- (c) Follow Through. Follow through is the continued steady pressure applied to the trigger until the trigger reaches its most rearward point of travel. If the shooter does not continue to apply the constant, even pressure during follow through, it is possible that the impact of the round could move on the target, thus spoiling an otherwise good shot.

12. Course of Fire.

NOTE: This course is to be shot using three 15 round magazines with 5 loose rounds in the shooter's pocket for a total of 50 rounds.

Phase	Stage	String
<b>Phase 1 3-Yard Line</b>	<b>1. Close Quarter to Strong Hand Supported (1 mag 15 rds)</b>	<b>3 rds in 5 sec 3 rds in 5 sec</b>
<b>Phase 2 7-Yard Line</b>	<b>1. Reaction Hand Unsupported (sighted in on target)</b>	<b>3 rds in 5 sec</b>
	<b>2. Strong Hand Supported  Strong Hand Supported from Third Eye with a Magazine Change (1 mag 15 rds)</b>	<b>2 rds in 3 sec 2 rds in 3 sec  3 rds in 10 sec</b>
	<b>3. Strong Hand Unsupported</b>	<b>2 rds in 3 sec 2 rds in 3 sec</b>
<b>Phase 3 17-Yard Line</b>	<b>1. Strong Side High Barricade  Tactical Load (1 mag 15 rds)  Reaction Side High Barricade</b>	<b>12 rds in 30 sec (6 rds strong side) (6 rds reaction side)</b>
	<b>2. Kneeling Low Barricade</b>	<b>6 rds in 15 sec</b>
	<b>3. Kneeling Low Side Barricade Magazine &amp; Position Change Strong Side High Barricade Reaction Side High Barricade</b>	<b>12 rds in 45 sec (4 rds kneeling position) (4 rds strong side) (4 rds reaction side)</b>

Table 1

13. Warnings and Notes.

**NOTE:** Violation of any safety regulation **WILL NOT** be tolerated and is cause for removal from the firing line.

**NOTE:** Loss of muzzle control at anytime in this course will result in immediate removal from the firing line.

**WARNING:** If personnel are required to go down range during the course of fire, all weapons **SHALL** be cleared and grounded, benched, or holstered. Shooters will step well behind the firing line away from the weapons. In no case will **ANYONE** touch a weapon with personnel down range.

**WARNING:** Throughout all stages of fire, shooters shall keep their finger outside the trigger guard, indexed along the receiver, until aimed in on target and the “commence fire” signal has been given.

**WARNING:** Decocking the hammer on the M9 must be done using **ONLY** the safety/decocking lever, **NOT** the trigger.

**NOTE:** When the pistol is drawn from the holster, all first shots **MUST** be fired double action.

**NOTE:** If shooters instinctively assume an isosceles or modified weaver position, they shall not be penalized. Forcing shooters to act contrary to instincts may jeopardize them in a real situation.

**WARNING:** When the pistol is placed in the holster, the trigger finger must be outside the trigger guard, indexed along the receiver, and the strong hand thumb shall be pushing against the **BACK** of the lowered hammer. This pressure will prevent accidental cocking in tight holsters.

**NOTE: When using the barricade, the weapon should not contact the barricade.**

**NOTE: Coverage of the target MUST be maintained during magazine change.**

14. Descriptions and Commands. The phase and stage descriptions are for instructor use during the prefire instruction. Commands are for use on the firing line.

a. Phase 1 Description. Phase 1 will be fired from the 3-yard line for a total of 6 rounds. You will fire 3 rounds in 5 seconds from the close quarters and strong hand supported positions, fired twice from the holster. On the commence fire signal, the shooters will come to the close quarter position and fire 2 rounds (no sights will be used). Shooters will then raise the weapon to eye level, assume the strong hand supported position, and fire 1 round.

(1) Phase 1 Commands:

- (a) “In this stage of fire, you will fire 3 rounds in 5 seconds from the close quarters to strong hand supported position, fired twice from the holster.”
- (b) “Draw your weapons. Ensure that the safety/decocking lever is in the safe, down, on position. With a magazine of 15 rounds, lock and load.”
- (c) “Place the safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”
- (d) “3 rounds, 5 seconds, from the close quarter to strong hand supported position. Is the line ready?”
- (e) “The line is/is not ready.”
- (f) Commence fire signal.
- (g) Cease fire signal.



- (h) “Place your safety/decocking lever in the safe, down, on position. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”
- (i) “3 rounds, 5 seconds, from the close quarter to strong hand supported position. Is the line ready?”
- (j) “The line is/is not ready.”
- (k) Commence fire signal.
- (l) Cease fire signal. “Are there any alibis?”
- (m) “There are/are no alibis.”
- (n) “Place your safety/decocking lever in the safe, down, on position. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”
- (o) “Is the line holstered and strapped in?”
- (p) “The line is/is not holstered and strapped in.”
- (q) “Proceed to the 7-yard line.”

b. Phase 2 Description. Phase 2 will be fired from the 7-yard line for a total of 14 rounds in 3 stages.

Stage 1 will be 3 rounds in 5 seconds from the reaction hand unsupported position. Your first round will be fired double action.

Stage 2 will be 2 rounds in 3 seconds from the strong hand supported position, fired twice from the holster. After firing the second string, you will recover to the third eye position. You will then fire 3 rounds in 10 seconds strong hand supported with a magazine change. You will fire 2 rounds, conduct a magazine change, and fire 1 more round.

Stage 3 will be 2 rounds in 3 seconds from the strong hand unsupported position, fired twice from the holster.

(1) Phase 2 Stage 1 Commands:

- (a) “In this stage of fire, you will fire 3 rounds in 5 seconds from the reaction hand unsupported position.”

- (b) “Draw your weapon. Place your weapon in your reaction hand, and cover your target.”
- (c) “3 rounds, 5 seconds. Is the line ready?”
- (d) “The line is/is not ready.”
- (e) Commence fire signal.
- (f) Cease fire signal. “Are there any alibis?”
- (g) “There are/are no alibis.”
- (h) “Place your safety/decocking lever in the safe, down, on position. Place the weapon in your strong hand. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”

(2) Phase 2 Stage 2 Commands:

- (a) “In this stage of fire, you will fire 2 rounds in 3 seconds, strong hand supported, fired twice from the holster. After firing the second string, recover to the third eye position. Then, 3 rounds in 10 seconds with a magazine change, starting from the third eye position, moving to the strong hand supported position.
- (b) “2 rounds, 3 seconds, strong hand supported. Is the line ready?”
- (c) “The line is/is not ready.”
- (d) Commence fire signal.
- (e) Cease fire signal.
- (f) “Place your safety/decocking lever in the safe, down, on position. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”
- (g) “2 rounds, 3 seconds, strong hand supported, recovering to the third eye position. Is the line ready?”
- (h) “The line is/is not ready.”
- (i) Commence fire signal.

- (j) Cease fire signal.
- (k) “3 rounds, 10 seconds, strong hand supported, with a magazine change.”
- (l) Commence fire signal.
- (m) Cease fire signal. “Are there any alibis?”
- (n) “There are/are no alibis.”
- (o) “Place your safety/decocking lever in the safe, down, on position. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”

(3) Phase 2 Stage 3 Commands:

- (a) “In this stage of fire, you will fire 2 rounds in 3 seconds strong hand unsupported, fired twice from the holster.”
- (b) “2 rounds, 3 seconds, strong hand unsupported. Is the line ready?”
- (c) “The line is/is not ready.”
- (d) Commence fire signal.
- (e) Cease fire signal.
- (f) “Place your safety/decocking lever in the safe, down, on position. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”
- (g) “2 rounds, 3 seconds, strong hand unsupported. Is the line ready?”
- (h) “The line is/is not ready.”
- (i) Commence fire signal.
- (j) Cease fire signal. “Are there any alibis?”
- (k) “There are/are no alibis.”

- (l) “Place your safety/decocking lever in the safe, down, on position. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”
- (m) “Is the line holstered and strapped in?”
- (n) “The line is/is not holstered and strapped in.”
- (o) “Proceed to the 17-yard line.”

c. Phase 3 Description. Phase 3 will be fired from the 17-yard line in 3 stages for a total of 30 rounds.

Stage 1 will be 12 rounds in 30 seconds from the strong side high barricade and reaction side high barricade positions, with a tactical load. Shooters will fire 6 rounds from the strong side high barricade, perform a tactical load, shift to the reaction side high barricade, and fire 6 more rounds. You are reminded not to place your tactical magazine back in your magazine pouch.

Stage 2 will be 6 rounds in 15 seconds from the kneeling low barricade position. You are reminded not to draw your weapon until your strong knee is on the deck.

Stage 3 will be 12 rounds in 45 seconds from the kneeling low side barricade, strong side high barricade, and reaction side high barricade, with a magazine change. You will fire 4 rounds from the kneeling low side barricade position. Reload as you are moving to the strong side high barricade position. Fire 4 rounds from the strong side high barricade position. With you finger outside the trigger guard, indexed along the receiver, shift to the reaction side high barricade position, and fire your 4 remaining rounds.

(1) Phase 3 Stage 1 Commands:

- (a) “In this stage of fire, you will fire 12 rounds in 30 seconds, strong side high barricade and reaction side high barricade, with a tactical load. You will fire 6 rounds from the strong side high barricade, perform a tactical load, shift to the reaction side high barricade, and fire 6 rounds.”
- (b) “12 rounds, 30 seconds, strong side high barricade and reaction side high barricade, with a tactical load. Is the line ready?”
- (c) “The line is/is not ready.”
- (d) Commence fire signal.

- (e) Cease fire signal. “Are there any alibis?”
- (f) “There are/are no alibis.”
- (g) “Place your safety/decocking lever in the safe, down, on position. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”

(2) Phase 3 Stage 2 Commands:

- (a) “In this stage of fire, you will fire 6 rounds in 15 seconds from the kneeling low barricade position. Shooters are reminded not to draw your weapon until your strong knee is on the deck.”
- (b) “6 rounds, 15 seconds, kneeling low barricade position. Is the line ready?”
- (c) “The line is/is not ready.”
- (d) Commence fire signal.
- (e) Cease fire signal. “Are there any alibis?”
- (f) “There are/are no alibis.”
- (g) “Place your safety/decocking lever in the safe, down, on position. Place your safety/decocking lever in the up, off, fire position. With your thumb behind the hammer, finger outside the trigger guard, indexed along the receiver, holster and strap in a loaded weapon.”
- (h) “Is the line holstered and strapped in?”
- (i) “The line is/is not holstered and strapped in.”
- (j) “Shooters, stand up.”
- (k) “Coaches, ensure your shooters have only 3 rounds in their tactical magazine.”
- (l) “Shooters, take the 5 remaining rounds from your pocket and conduct an administrative load to your tactical magazine. Place the magazine in the same place you put it after the tactical load.”

(3) Phase 3 Stage 3 Commands:

- (a) “In this stage of fire, you will fire 12 rounds in 45 seconds from the kneeling low side barricade, strong side high barricade, and reaction side high barricade, with a magazine change. You will fire 4 rounds from the kneeling low side barricade, conduct a magazine change, and move to the strong side high barricade position and fire 4 rounds. With you finger outside the trigger guard, indexed along the receiver, shift to the reaction side high barricade and fire 4 remaining rounds.”
- (b) “12 rounds, 45 seconds. Is the line ready?”
- (c) “The line is/is not ready.”
- (d) Commence fire signal.
- (e) Cease fire signal. “Are there any alibis?”
- (f) “There are/are no alibis.”
- (g) “Place your safety/decocking lever in the safe, down, on position. Release your empty magazine. Utilizing the push/pull method, ensure your weapon is clear.”
- (h) “Is the line clear?”
- (i) “The line is/is not clear.”
- (j) “Bench/holster a clear weapon.”

15. Qualification Criteria.

- a. Qualification. For record purposes, scoring will be entered on the appropriate form, Individual's Record of Small Arms Training (CG-3029A), service record, per COMDTINST 1080.10 (series), Military Personnel Data Records (PDR) System. Personnel who fail to obtain a qualifying score during their initial record firing should receive appropriate training and be allowed to fire the record fire course one additional time, provided time and assets are available.
- b. Scoring for the course will be based on a maximum of 50 points from 50 rounds of 9mm ball ammunition fired in the 3, 4, or 5 ring. The minimum qualifying score is 45. A person will either be “QUALIFIED” (Q) or “UNQUALIFIED” (U).

- c. Low Light PPC. Personnel who qualify on the PPC are authorized to fire 50 additional rounds on a low light PPC. This low visibility course is authorized providing the range is suitable. Artificial lighting may be used to set the desired level of visibility. Sufficient lighting must be maintained at all times to ensure proper target identification and acquisition. All coaches and safety observers must use cone-equipped flashlights for hand signals to the SAI. All SAIs who have fired the low light course are authorized to train personnel on low light PPC.

**NOTE: A RANGE SAFETY OFFICER is required for all night shoots, regardless of the number of shooters.**